

Ten New Year's Resolutions for the Soul

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1. A Morning Prayer: Wake each day with a greeting to spirit and a resolution to be aware of their loving presence
2. Daily Meditation: Schedule 10 to 30 minutes each day to still the mind and body and go to the silence within
3. Express love: Send out thoughts of love and goodwill to someone you don't like and/or have a conflict with
4. Experience Your Spirituality: Look at the beauty in the world around you and allow yourself to feel the presence of spirit and the love which it evokes
5. Right Thinking: Practice right thinking; catch and cancel unkind or materialistic thoughts
6. Seek a Spiritual Environment: Bring people into your life who have a positive influence and can help nurture your spirituality
7. Practice Your Spiritual Beliefs: Let go of those people and habits which divert or distract your spiritual growth
8. Spiritual Influence and Growth: Read something spiritual or have a discussion with other to promote your spiritual understanding
9. Allow the Spirit Within to Guide You: Invite spirits' guidance into your daily life; share your burdens and joys with those who walk silently with you
10. An Evening Prayer: End your day with a prayer of thanks and acknowledgment for that spiritual presence in your life